

SEAFOOD GUMBO



Serves 6



Prep Time 15 minutes



Cook Time 30 minutes



INGREDIENTS

- 1 onion, chopped
- 2 stalks celery, sliced
- 1 green capsicum, deseeded and chopped
- 1 chorizo or spicy sausage, sliced
- ½ tsp dried thyme
- 1 bay leaf

METHOD

1. Heat a dash of oil in a large saucepan and add the onion, celery and green capsicum. Cook over a moderate heat, stirring frequently until the vegetables are soft but not browned.
2. Add chorizo, thyme, bay leaf and continue cooking for a further 2 minutes.
3. Add **Wattie's Condensed Tomato Soup**, **Wattie's Mexican Style Tomatoes** and

- 420 g can **Wattie's Condensed Tomato Soup**
- 400 g can **Wattie's Mexican Style Tomatoes**
- 500 ml (2 cups) vegetable stock
- 250 g firm white fish, cut into pieces (hoki, lemonfish)
- 250 g raw prawn meat
- ¼ cup chopped fresh parsley

vegetable stock. Bring to the boil. Reduce heat and simmer gently for 20 minutes.

4. Add the prepared seafood and continue simmering until the seafood is just cooked, about 3-6 minutes. Stir through the chopped parsley and serve in bowls, accompanied with crusty bread.

TIPS

- There are different types of chorizo, for a mild spicy heat use a milder sausage. For this recipe we used a very spicy chorizo which gives a smoky spicy hot note to the gumbo.
- Add your favourite seafood to this recipe - mussels, calamari, scallops - or replace the fish with diced chicken breast meat. This should be added with the chorizo to ensure the chicken cooks through.
- If gluten-free be sure to serve with a gluten-free bread.

** This recipe is classified as Gluten Free. To the best of our knowledge, the ingredients used in this recipe including the Heinz Wattie's products do not contain any added cereals containing gluten or ingredients derived from cereals containing gluten. It is important to carefully read ingredient labels on food products because foods can sometimes be reformulated and the ingredients, allergens or nutrition information can sometimes change without notice.*